



**2021/TDC/CBCS/ODD/
EDUSEC-301T/246**

**TDC (CBCS) Odd Semester Exam., 2021
held in March, 2022**

EDUCATION

(3rd Semester)

Course No. : EDUSEC-301T

(Yoga and Life-Skill Education)

Full Marks : 50

Pass Marks : 20

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

SECTION—A

Answer any *fifteen* of the following questions :

1×15=15

1. Which disease is caused by the deficiency of vitamin A? *night Blindness*
2. Write a dimension of health. *physical, mental, emotional, spiritual & social*
3. Mention an objective of physical education.

(2)

4. What is the importance of vitamin?
5. What is Yoga?
6. Write the name of the fifth stage of Ashtanga-yoga.
- ✓ 7. What is meant by Rajayoga?
8. Name a Pranayama.
9. What do you mean by core life skill?
- ✓ 10. Who introduced life skills? *WHO*
11. Write a role of the teacher inculcating life skills.
12. What is empathy?
13. Write one health benefit of Anulom-Bilom.
14. Write an advantage of meditation.
15. What is social skill?
16. Write a merit of Shavasana.
- ✓ 17. What is Hathayoga?

(3)

18. Why is problem-solving skill important?
19. Write the name of the first stage of critical thinking skills.
20. What is stress?

SECTION—B

Answer any *five* of the following questions : $2 \times 5 = 10$

21. Write a definition of health.
22. Explain the importance of protein for our body.
23. Enumerate two health benefits of Asana.
24. Write any two advantages of Kapalvati.
25. Write the basic concept of Bhaktiyoga.
26. What is Mantrayoga?
27. Write any two importance of Shudhikriya.
28. Mention any two misconceptions of Yoga.
29. Write two benefits of Vajrasana.
30. What is Bhujangasana?

(4)

SECTION—C

TDC

Answer any *five* of the following questions : 5×5=25

31. Explain the dimensions of health.
32. What is physical education? Discuss the features of physical education.
33. Discuss all the stages of Ashtangayoga.
34. Enumerate ten core life skills recommended by WHO.
35. Distinguish between Pranayama and Asana.
36. Write a note on art in living skills.
37. Relate Karmayoga and Gyānayoga.
38. Write a note on Paschimottanasana.
39. Discuss the concept, merits and demerits of Shirshasana.
40. Write a note on Ujjayi.
